

April 2024 FiftyForward Bordeaux Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>.

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bordeaux Get Fit</p> <p>11 a.m. Minority Health Awareness Presentation</p>	<p>2</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch *</p> <p>11 a.m. BINGOcize *</p> <p>1 p.m. FFB Volunteer Meeting</p>	<p>3</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bible Study</p> <p>11 a.m. Jewelry Making with Trudy</p>	<p>4</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. TSU "Healthy Cents"</p> <p>11 a.m. BINGOcize</p> <p>2 p.m. Advisory Council</p>	<p>5</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>9:30 a.m. TRIP- Walmart</p> <p>12:30 p.m. Civic Engagement and Media Literacy</p>	6
7	<p>8</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bordeaux Get Fit</p> <p>11 a.m. BINGO</p>	<p>9</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch *</p> <p>11 a.m. BINGOcize *</p> <p>1 p.m. Line Dancing</p>	<p>10</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>9:30 a.m. TRIP- Walk with a DOC</p> <p>1 p.m. Music ALive*</p>	<p>11</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. TSU "Healthy Cents"</p> <p>11 a.m. BINGOcize*</p> <p>12:30 p.m. Frist Art Museum Digital Art Workshop</p>	<p>12</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. TRIP-Nashville Symphony Gershwin America</p> <p>10 a.m. Operation Fifty Fun</p> <p>1 p.m. Arts and Crafts w/ Freda</p>	13
14	<p>15</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>9:30 a.m. TRIP-Frist Art Museum</p> <p>10 a.m. Bordeaux Get Fit</p>	<p>16</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch *</p> <p>11 a.m. BINGOcize *</p> <p>12 p.m. Volunteer Appreciation Luncheon</p>	<p>17</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bible Study</p> <p>12:30 p.m. Movie Day</p>	<p>18</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>11 a.m. BINGOcize*</p> <p>12:30 p.m. Frist Art Museum Digital Art Workshop</p>	<p>19</p> <p>Center Closed for in person Activities Today!</p> <p>All Day Fieldtrip</p> <p>9:30a.m. Health Fair Martin Center</p>	20
21	<p>22</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bordeaux Get Fit</p> <p>11 a.m. Music for Seniors</p> <p>1 p.m. Adult Coloring w/ Bordeaux Library</p>	<p>23</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch *</p> <p>11 a.m. BINGOcize *</p> <p>1 p.m. Line Dancing</p>	<p>24</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bible Study</p> <p>1 p.m. Frist Museum ArtTrunk</p>	<p>25</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. TSU "Healthy Cents"</p> <p>11 a.m. BINGOcize*</p> <p>12:30 p.m. Frist Art Museum Digital Art Workshop</p>	<p>26</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>11:30 a.m. TRIP-Mystery Lunch Trip w/Director</p> <p>2 p.m. Arts and Crafts w/ Freda</p>	27
28	<p>29</p> <p>9 a.m. Cards & Board Games</p> <p>9 a.m. Wii Games</p> <p>9:30 a.m. Word Search & Puzzles</p> <p>10 a.m. Bordeaux Get Fit</p> <p>1 p.m. Adult Coloring w/ Bordeaux Library</p> <p>1 p.m. Chat & Chew</p>	<p>30</p> <p>Center Closed for In person Activities Today!</p> <p>All Day Fieldtrip</p> <p>9:30am Golden Years Returns</p>				

FiftyForward Bordeaux PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



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RECURRING CLASSES, ACTIVITIES, & GROUPS:

Cards & Board Games Group Drop by Monday—Friday in April; 9 a.m.- 2 p.m. FiftyForward Bordeaux welcomes our card and board game playing members. If you are a spades player, you do not want to miss out. We also have a variety of games such as Rummikub, puzzles & checkers. Bring a friend and let's play!

Wii Games Drop by Monday—Fridays in April; 9 a.m. – 2 p.m. FiftyForward Bordeaux is bringing back the Wii games. Come and joins us as we take on bowling, tennis, and other fun games in the Wii universe.

Word Search & Puzzles Drop by Monday—Friday in April; 9:30 a.m. Members will enjoy word search and puzzles activities as a group to boost brain activity and increase vocabulary.

Adult Coloring w/ Bordeaux Library Monday, April 22 & 29; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends

Arts and Crafts w/Freda Friday, April 12 & 26; 1 p.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

Bible Study Wednesdays, April 3, 17, & 24; 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Wednesday, April 8, 11 a.m.; Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

Bordeaux Get Fit Class Mondays, April 1, 8, 15, 22 & 29; 10 a.m. Member Lena Jones will lead this program getting fit with chair exercises as we listen to Motown hits.

Chat & Chew w/Mr. Fowler Thursday, April 29; 1pm. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: Being Kind to Everyone You Meet Could Change the World.

Line Dancing w/Annette Tuesday, April 9 & 23; 1pm. Cost: Free. Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse. Participants can enjoy moving to the groove either from a standing position or sitting in a chair. All are welcome!!

Movie Day Wednesday, April 17; 12:30 p.m. We will watch a movie and enjoy popcorn with a cold drink.

Music for Seniors Presents Geary Moore Monday, April 22; 11 a.m. Members will enjoy music by Geary Moore.

Monthly Meetings

FFB Volunteer Meeting Tuesday, April 2; 1 p.m. Join us for our monthly Bordeaux volunteer meeting. We will discuss ideas of possible field trips, new activities, and interesting

presenters that could come to the center.

Advisory Council Meeting Thursday, April 4; 2 p.m. Every first Thursday of the month members of the advisory council meet to discuss different topics and ideas to ensure FiftyForward Bordeaux is growing, succeeding, and providing opportunities for its members.

SPECIAL PROGRAMS & EVENTS:

BINGOcize Nutrition Tuesdays & Thursdays, 11-12 p.m. **Registration is closed.** BINGOcize is back for an all-new nutrition program!! A fun 10-week health promotion program that combines the game of BINGO with inclusive exercises for everyone. Come play BINGO while learning about nutrition!!!

Minority Health Awareness Presentation Monday, April 1, 11 a.m. Cost: Free. Sign up in advance. Lanese Campbell will be joining us to present on Minority Health Awareness. Please join us if you are interested in taking part in this discussion or if you might have any questions you might wish to ask.

Jewelry Making w/ Trudy Wednesday, April 3, 11 a.m. Cost: Free. Sign up in advance. Interested in making a fun bracelet or necklace. Join Trudy Wednesday morning to create your own jewelry. All supplies will be provided just bring your creativity.

TSU "Healthy Cents" Thursday, April 4, 11, & 25, 10 a.m. Cost: Free, Sign up in advance. This curriculum was designed to provide and encourage families that making healthy choices is possible no matter one's income level. Lessons discussed will be on nutrition and food resource management principles to help aide in food choices on a limited budget.

Civic Engagement and Media Literacy Friday, April 5 – 12:30pm Cost: Free, Sign up in advance. Join us as we welcome Vanderbilt students who will lead us in a courageous conversation to explore how media literacy can empower us to recognize, analyze and resist harmful forms of expression and communication.

Please join us for this important discussion. Light refreshments will be provided

Operation Fifty Fun Friday, April 12, 10-12 p.m. Cost: Free, Sign up in advance. The Vanderbilt University Student Nurses are excited to present Operation Fifty Fun. Come learn skills on how to enhance your quality of life. The sessions will occur at Fifty Forward Bordeaux from 10:00 A.M. to 12:00 P.M. Different sessions include Brain Health, Physical Activity, Nutrition, and Mental Health.

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SPECIAL PROGRAMS & EVENTS:

Music ALIVE Wednesday, April 10, 1p.m. Cost: Free, Sign up in advance. Music ALIVE are performers who enjoy sharing their love of music in a variety a different genres, from Folk & Blues to Americana and Roots music. Music ALIVE artists will have you swaying to the beat. Come and join us for and afternoon of live music and a fun atmosphere.

Frist Art Museum Digital Art Workshop Thursdays, April 11–May 30. 12:30-2 p.m. 20 Participant Limit. Cost: Free, Registration is required. The Frist Art Museum is offering a Digital Art Making Workshop. The class is an 8-week sequential program that builds knowledge and skills each week. Members interested in taking the course will need to commit to all 8 classes. All supplies will be provided. At the end of the course there will be a celebration and a scheduled trip to the Frist Museum to see everyone's Art Work on exhibition.

Volunteer Appreciation Luncheon Tuesday, April 16, 12 p.m. Cost: Free, Registration is required. Join us for a Luncheon to show our appreciation for the volunteers that help serve and volunteer their time at FiftyForward Bordeaux. Lunch will be provide for attendees and tokens of appreciation will be given to all of our FiftyForward Bordeaux volunteers.

Frist Art Museum ArtTrunk Wednesday, April 24, 1 p.m. Cost: Free, Sign up in advance. The ArtTrunk project consists of a project focused on an artist currently on exhibit at the Frist. This spring the First ArtTrunk 2024 will be highlighting from the exhibition *Southern/Modern*.

DAY TRIPS:

Grocery Shopping—Walmart Friday, April 5; Depart at 9:30 a.m. Cost: \$5 Transportation Fee, Registration is required. Members will travel to the grocery store for a social shopping trip.

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, April 2, 9, 16, & 23; Depart at 10:15 a.m.; Class 10:30-11:30 a.m. Cost: Free, sign up in advance. Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Yoga provides healthy benefits to your body.

Walk with a Doc and All of Us at Centennial Park (Outdoors) Wednesday, April 10, Depart at 9:30 a.m. Cost: Free, sign up in advance. Monthly, join the FiftyForward *All of Us* team at Centennial Park for Walk with a Doc with Dr. Amy Price Neff of Windstream Integrative Medicine. These one-hour walks meet every 2nd Wednesday of the month at 10 a.m. at the Centennial Park Events Shelter (where the Big Band Dances



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are held). Dr. Price Neff begins each walk with a 5-minute “health talk,” then we all walk around Centennial Park together. The trail is a flat, 1.2 mile loop

Register for Nashville Symphony's Gershwin America Rehearsal Friday, April 12, Depart at 9 a.m. Cost: \$15 Transportation Fee, + cost of lunch. Registration closed. The Nashville Symphony presents the Lifelong Listeners Program where individuals can enjoy different opportunities the Symphony provides. Join us as we get to experience a full dress rehearsal as the symphony prepares for one of their upcoming shows *Gershwin America!!!* Once rehearsal is finished we will head to lunch at Milk and Honey in the Gulch before making our way back to the center.

Frist Art Museum Monday, April 15; Depart at 9:30 a.m.; Cost: \$15 Transportation Fee + shopping, Registration is required. The Frist Museum showcases a multitudes of artists throughout the year. Individuals of every age, from young children to older adults, have the opportunity to explore the world of art in a variety of different mediums showcased all throughout the museum. Special exhibits being featured include *Southern/Modern, Monuments and Myths: The America of Sculptures Augustus Saint-Gaudens and Daniels Chester French, and Craving a New Tradition: The Art of LaToya M. Hobbs.*

FiftyForward Martin Center Health and Wellness Fair Friday, April 19; Depart 9:30 a.m.; Cost: Free Transportation. Registration is required. Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite.

Mystery Lunch Trip w/Director Friday, April 26; Depart at 11:30 a.m. Cost: \$15 Transportation Fee + cost of lunch. Registration is required. Join Center Director, Melvin Fowler, on a mystery lunch trip for a social outing and an afternoon of fun and friendship.

Golden Years Returns Tuesday, April 30; Depart at 9:30 a.m. Cost: Free Transportation. Registration is required. FiftyForward Bordeaux will be traveling to Progress Inc. for a Health and Wellness Expo. This is a free event for the community that includes food, entertainment, activities, health, and much more. Join us for a day of food, fun, and fitness.